



# Stressed? Sad?

**Some stress is normal.**

- **You may cry a lot**
- **You may feel cranky**
- **You may feel helpless**
- **You may not think clearly**
- **You may have trouble sleeping**
- **You may feel tired a lot**

You have family and friends. You can help each other through this. Watch for friends and family who seem very sad. Let them know you care. Ask them to get help.

**Call 1-800-749-COPE**

(1-800-749-2673)

**or**

**1-800-273-TALK**

(1-800-273-8255)

**1-866-326-9393**

**Find Missing Friends and Family**

**You are not alone.**

